



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01048, Cheese spread, pasteurized process, American

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	47.65	--	0.517	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	290	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1215	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	16.41	--	0.449	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	21.23	--	0.382	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	5.98	--	0.109	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	8.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	7.32	--	--	--	--	--	--	--	--	Calculated or imputed	01046	02/2003
Minerals													
Calcium, Ca	mg	562	--	14.121	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.33	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	29	--	2.799	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	875	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Potassium, K	mg	242	--	66.976	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	1625	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2011
Zinc, Zn	mg	2.59	--	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	11.3	--	1.073	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F ¹	µg	35.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.048	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.431	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.131	--	0.011	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.686	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.117	--	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	7	--	0.585	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	7	--	0.585	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	36.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	173	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	168	--	--	--	--	--	--	--	--	Calculated or imputed	01042	02/2003
Carotene, beta	µg	55	--	--	--	--	--	--	--	--	Calculated or imputed	01042	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	653	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	--	--	--	--	--	--	Calculated or imputed	01042	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin D	IU	16	--	--	--	--	--	--	--	--	Calculated or imputed	01009	02/2009
Vitamin K (phylloquinone)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	01042	02/2003
Lipids													
Fatty acids, total saturated	g	13.327	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.688	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.408	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.513	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.632	--	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	2.181	--	0.077	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	5.908	--	0.137	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.434	--	0.108	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	6.219	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.560	--	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	5.221	--	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.624	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.400	--	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.223	--	0.027	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.239	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.628	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.833	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.507	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.538	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.105	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	0.931	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.890	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	1.366	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.509	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.602	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	3.475	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	2.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	1.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion